



Living Well Eating Smart™

Healthy Nutrition and Lifestyle Information for a Better You

Celebrating Women's Health!

Considered nurturers by nature, women will oftentimes make sacrifices for others at their own expense. These sacrifices could include staying up late to help with a school project, planning a nutritious meal for a sick friend while settling for a high-calorie fast food dinner, or lending a listening ear rather than going to the gym. Unfortunately, these sacrifices come with a price.

Nutrition, in addition to regular exercise and stress management, plays an important role in women's



health. Not only does a healthy diet decrease the risk for disease, it also empowers a woman to reach her greatest potential by increasing her self-esteem, energy level, and mental abilities. Because it's never too late to improve your eating habits, each woman should consider the following nutritional guidelines:

1. Get 25-35 grams of fiber each day.

It is a mistaken notion that heart disease is a "man's disease". The truth is, more than a million women over the age of 45 die from heart disease each year. Fiber may help prevent heart disease by lowering cholesterol levels. It may also reduce the risk of several types of cancer, help promote a healthy weight, and prevent constipation. To get the recommended

(continued on page 7)

Question:

Why does nutrition news seem to change so frequently? — Carolyn, Greenfield, MA



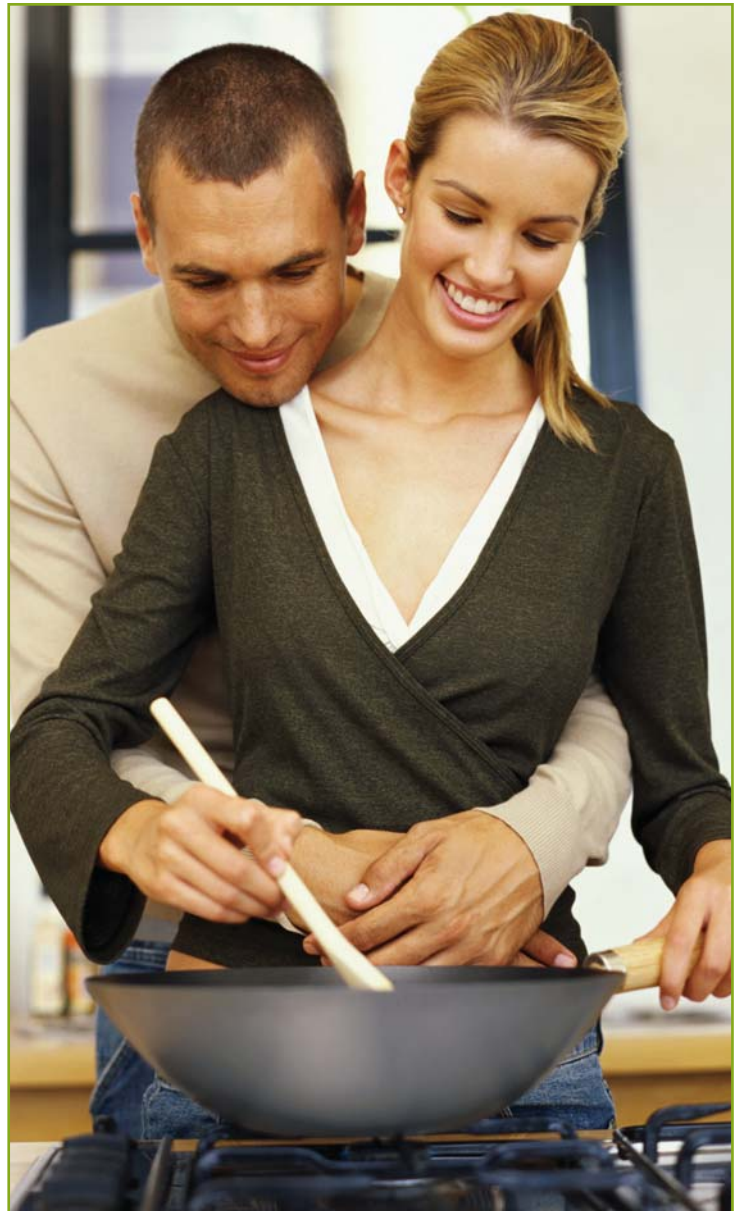
Answer: If you watch the evening news, pick up the morning paper, or listen to the radio, it is very easy to become confused about the nutrition information out there. One thing to remember is that nutrition science is a dynamic field. What researchers support today could very well change as science advances. For example, now that the artery clogging effects of trans and saturated fats are better understood, liquid oils and trans fat free buttery spreads are recommended for use in place of traditional solid stick margarine.

When you hear a report about new research findings, heed this advice from the American Cancer Society®, "No one study,

(continued on page 8)

Small Meals Made *Easy!*

Cooking for one or two can pose as many challenges as cooking for a large family or a dinner party. Sometimes just the thought of preparing a meal is enough for the cook in the house to opt out! Don't fall into this mind trap. With a little planning, nutritious meals can be made in minutes — regardless of the number of people at your table.



Breakfast On The Go

Who said breakfast has to be a lavish display of hot foods? Ready-to-eat cereals are quick, simple, and can play a major role in meeting the nutrition goals for one or a family of six. Kashi™ Heart to Heart™ and GoLean® cereals are perfect examples. Heart to Heart™ is a great tasting whole grain, high fiber cereal packed with antioxidants (vitamins, lycopene, and green tea) and botanicals (grape seed extract). It's also low in sugar and sodium! Whether you choose traditional Kashi GoLean® or GoLean Crunch!®, these whole grain cereals are full of fiber that will keep you satisfied all morning long!



Simply Packed, Simply Healthful

How does a delicious filet of roasted garlic salmon on a bed of crisp greens drizzled with olive oil sound? Too much work for one or two? With more nutrient rich foods becoming available in con-

Eating Smart Tip

When choosing a cereal, pay attention to the following:

Serving Size:

Is the nutrition information based on the same portion you typically eat?

Whole Grain:

Get the most out of your first meal of the day — choose cereals that are made with whole grains and are high in fiber. High fiber cereals will help you feel fuller longer.

Sugar:

Do your body good — choose lower sugar cereals to maintain your energy level until snack or lunch time.

venient, ready-to-eat servings, eating exquisitely is now easier than ever before.

Salad Anyone?

Get the vitamins and crunch you've come to expect from the perfect salad with Fresh Express® Green & Crisp salad mixes. They provide 100% of the Daily Value for vitamin A per serving. The best part is Fresh Express® does the preparation for you. Open the bag and you are ready to enjoy!



www.freshexpress.com

Omega-3 Fats- Hot or Cold!

Boost your intake of omega-3s in seconds. Enjoy delicious roasted garlic marinated or honey barbecue glazed salmon filets by simply opening a pouch of new Chicken of The Sea® Wild Caught Salmon Steaks. These steaks contain 500-600 milligrams of omega-3 fats in every serving. They taste great straight out of the pouch or heated — all it takes is 30 seconds in the microwave! Eating smart has never been easier.



www.chickenofthesea.com

Pour on the Heart Health!

Regardless of how many people you are cooking for, one of the healthiest things you can do for your heart is have olive oil on-hand in your cupboard. A rich source of heart healthy monounsaturated fats, the three varieties of Filippo Berio® olive oil can be used in a number of ways — drizzled on salad greens for a no fuss dressing (Extra Virgin), sautéed with a handful of vegetables (100% Pure Olive), or baked into your favorite bread (Extra Light).



www.filippoberio.com

Cook For a Family, Eat For a Week!

The great part about cooking for one or two is how a little bit of planning can go a long way. Cooking with recipes or items that provide enough for a serving of six can come in handy if you are a person on the go. How? Simply make a few large dishes here and there, refrigerate or freeze the leftovers, and voilá — you have the makings of future nutritious meals in minutes.

Hefty® One Zip® bags play an integral role when safely storing leftovers. These little bags can easily help in feeding a family of one

or two. Did you eat spicy chicken with pasta on Sunday? Slice up the leftover chicken and refrigerate it in a Hefty® One Zip® bag to add to quesadillas on Tuesday. Better yet, freeze that leftover chicken in a Hefty® One Zip® Freezer bag to have on-hand for a stir-fry dish on Thursday. Receiving the 2005 Best Product award from American Culinary Chefs Best™, these handy storage bags come in sandwich, quart, and gallon size to help with leftovers of any size.



www.heftyonezip.com

Want an antioxidant packed dish?

Try the delicious broccoli & cauliflower
casserole below!

Cruciferous Casserole

SERVING SIZE: 1/2 CUP

SERVES 6

INGREDIENTS

- 1 12 ounce bag of Birds Eye™ Steamfresh® Broccoli & Cauliflower, thawed
- 1 10 3/4 ounce can of reduced sodium, 98% fat free cream of mushroom soup
- 1 cup of herb-flavored stuffing mix

Special equipment- Oven Safe Casserole Dish

DIRECTIONS

1. Preheat oven to 350°F.
2. Place broccoli & cauliflower with soup in greased casserole dish and mix well.
3. Add stuffing mix to casserole dish and stir gently to mix.
4. Bake for 40-45 minutes.

Nutrition Facts per serving

83 Calories, 2 g Fat, <1 g Saturated Fat, 2 mg Cholesterol, 357 mg Sodium, 3 g Carbohydrate, <2 g Fiber, 2 g Protein

Adapted from recipe featured in the 5 Ingredients or Less cook book by Gooseberry Patch Co.



Eating Smart RECIPE Tip

Looking for tomorrow's lunch? Add beans or cooked chicken to leftover casserole for an all-in-one meal!



Functional Foods

The International Food Information Council defines functional foods as foods that provide health benefits beyond basic nutrition.

Conventional foods believed to have functional benefits:

- **Tea.** Whether it's black, oolong, green or white, tea is rich in antioxidants called polyphenols, which are believed to reduce the risk of certain cancers.
- **Cruciferous vegetables.** Broccoli, cauliflower, Brussels sprouts and other cruciferous vegetables contain phytochemicals, specifically glucosinolates and indoles, which may reduce the risk of cancer.
- **Probiotics.** Cultured dairy products, like Dannon™ Activia™ Yogurt (see page 7), contain beneficial bacteria that may help promote intestinal health.

Should I include functional foods in my diet?

- Most definitely! Functional foods, like broccoli, tea and yogurt, are full of nutrients that promote optimal health. In fact, the health benefits of some functional foods are so strongly supported by research that the Food and Drug Administration has approved their health claims to be used on food packages (i.e.: oats and heart health).

For more information on the best foods for your health, including functional foods, be sure to pick up your free copy of the *Living Well Eating Smart* newsletter or check it out online at www.bigy.com.

Cancer Control!

Next to heart disease, cancer is the second leading cause of death in both Connecticut and Massachusetts. The best ways to safe-guard against cancer are regular medical screenings and healthy lifestyle choices. When it comes to nutrition, remember these American Cancer Society® recommendations:

Eat five or more servings of a variety of vegetables and fruits each day.

For protection against most diseases, including cancer, diets high in vegetables and fruits continue to show protective abilities. Despite this well-known fact, most Americans fail to eat the recommended servings of vegetables each day. With new products like Bird's Eye™ Steamfresh®, it is becoming even easier to make vegetables a part of your meal. Bird's Eye™ Steamfresh® helps add powerful cancer fighting vegetables, like broccoli and cauliflower, to the dinner table in minutes.



www.birdseyefoods.com

Choose whole grains instead of processed (refined) grains and sugars.



Even though the exact role fiber plays in cancer risk is constantly debated, organizations like the FDA and the American Cancer Society® recommend eating high fiber foods.

It appears that "low-fat diets rich in fiber-containing grain products, fruits, and vegetables may reduce the risk of some types of cancer." To meet your daily fiber needs, focus on high fiber, low-sugar whole grain foods like Big Y® Multi-Grain Bagels. Containing a whopping 13 grams of dietary fiber, zero grams of sugar, and wholesome ingredients such as 100% stone ground whole wheat flour, flax and sesame seeds, Big Y® Multi-Grain bagels make choosing whole grains not only nutritious, but delicious too!

The American Cancer Society® recommends to:

- Eat a variety of healthful foods, with an emphasis on plant sources.
- Adopt a physically active lifestyle.
- Maintain a healthful weight throughout life.
- Limit consumption of alcoholic beverages.



Choose foods that help maintain a healthful weight.

The higher your weight, the greater your risk for developing certain types of cancer. The secret to maintaining your weight is balancing the number of calories you take in through a varied diet with the amount of calories you burn through activity.

Eating a varied diet means enjoying all foods! Do not sabotage your long-term weight success by having stringent food rules. Rather, choose healthier versions of your favorite treats like Skinny Cow® ice cream novelties. Skinny Cow® ice creams provide anywhere from 100-140 calories and come in low fat, fat free, and no sugar added varieties. These rich & creamy treats are a perfect match for the calorie conscious ice cream lover inside each and every one of us.



Eat a variety of healthful foods, with an emphasis on plant sources.

Many plants appear to have unique disease fighting abilities. Researchers continue to find it difficult, though, to pinpoint the exact nutrients or phytochemicals responsible for disease prevention. Instead, the natural components of plants — vitamins, minerals, antioxidants, fiber, and fats — appear to work as a team in reducing the risk for diseases like cancer.

Tea research is a prime example of the work scientists are doing to identify the role of specific antioxidants on disease risk. All teas — black, oolong, green, or white — have antioxidants called polyphenols. Levels and types of polyphenols in each kind of tea vary, although insignificantly. The question still remains — does drinking tea each day reduce cancer risk or do individuals who drink tea each day also tend to eat more plant based foods? The answer for tea's role in cancer prevention is “stay tuned”. Since the potential is there for tea's positive impact on our health, adding any variety of Salada® black, green, or white teas to your daily beverage choices is worthwhile!



...THE POTENTIAL IS THERE
FOR TEA'S POSITIVE
IMPACT ON OUR HEALTH...

Living Well

in our Health and Beauty Care Department

BigY's goal is to be your one-stop shopping destination — so we carry thousands of national brand and private label products! Save your time, stop by our Health and Beauty Care Department, choose from our great product selection, and enjoy your savings! Here's a snapshot of what you'll find at Big Y:

Boost your vitamin and mineral intake.



www.viactiv.com

When it comes to vitamins and minerals, we believe the best way to get them is from food. However, we also understand that some days you may fall short of meeting your nutrition needs through diet alone. That's why you'll find a broad selection of vitamin and mineral supplements in our Health and Beauty Care Department. Viactiv® Calcium Chews are formulated using calcium carbonate, a natural source of calcium that contains more elemental calcium than other forms, and contains added vitamins D and K for optimal bone health. Ensure® is a delicious beverage that offers complete balanced nutrition®. An eight-ounce serving has 250 calories, is low in saturated fat and cholesterol, and is an excellent source of 24 vitamins and minerals. Ensure® can be substituted for breakfast when you're in a rush or for a quick lunch or snack when you're on-the-go. Ensure® Plus offers even more nutrition and is great for those trying to gain weight or at nutritional risk due to a health condition such as cancer.



www.ensure.com

...you'll find a broad selection of vitamin and mineral supplements in our Health and Beauty Department...

Relieve your aches and pains.



www.motrin.com

Whether you're battling the common cold, suffering from a headache, or simply feeling the wear and tear that comes with age, our pharmacists* can direct you to the many over-the-counter products we carry. Motrin® IB, available in both caplet and tablet form, offers fast, effective relief for minor aches and pains, including those from the common cold, headaches, toothaches, and menstrual cramps. Osteo Bi-Flex® and

Flex-A-Min® are supplements designed to promote healthy joint cartilage. They contain key ingredients, Glucosamine and Chondroitin, which may stimulate the synthesis of new cartilage and promote joint comfort, flexibility and mobility for some individuals.



www.flexamin.com



www.osteobiflex.com



Living Well Tip:

Always discuss supplementation with your doctor or pharmacist, especially if you are currently taking any other over-the-counter or prescription medications.

*Pharmacy not available in all Big Y stores. Visit www.bigy.com for further information.

Living Well Fact:

Women are twice as likely as men to experience gastrointestinal problems. Dannon™

www.3aday.org



Activia® yogurt contains probiotic bacteria, Bifidus Regularis™, which have been shown to improve digestive health within 14 days when consumed daily.

www.activia.com

25-35 grams of fiber per day, start slow with a goal of 2-3 grams of fiber at each meal. Gradually increase to 7-10 grams of fiber per meal over 2-3 weeks. Be sure to drink plenty of water to prevent constipation.

- **Sources of Fiber:** Whole grain breads (see Big Y® Multi-Grain bagels on page 4), cereals, pasta and rice as well as beans and legumes, seeds, fruits, vegetables, and nuts.

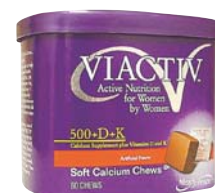
2. Enjoy 3-4 servings of calcium-rich foods daily

Osteoporosis occurs in both men and women; however, the disease is four times more common in women. Calcium helps build and maintain strong bones. It may also protect against high blood pressure and colon cancer. Choosing low-fat, calcium-rich foods



www.dannon.com

can be a delight for your taste buds with products like Dannon™ Light 'n Fit™ yogurt. Since Light 'n Fit™ yogurt is sweetened with Splenda® Brand Sweetener, it only contains 60 calories per serving but offers 150-200 milligrams (mg) of calcium. Are you lactose intolerant? Are you having a hard time meeting the daily recommended 1000-1300 mg of calcium? You may want to talk to your doctor about taking a calcium supplement like Viactiv® Calcium Chews.



www.viactiv.com

- **Other Sources of Calcium:** Low-fat dairy products, calcium fortified juice, calcium enriched soymilk, canned salmon or sardines with bones, and dark green leafy vegetables.

3. Add fruits and vegetables to every meal.

Load up on fruits and vegetables as an easy way to trim your waistline, fight heart disease, and ward off cancer. Libby's® No Salt Added Natural Pack® canned vegetables make it easier than ever to add a serving, or two, of veggies to your meal. Since Libby's® No Salt Added vegetables are free of added flavoring from salt or sugar, it's like cooking with fresh vegetables! Enjoy the freedom that cooking with Libby's® No Salt Added vegetables gives you — experiment with as many herbs and spices as you wish!

- **Healthiest Choices for Fruits and Vegetables:** All fruits and vegetables that are fresh, frozen (without added sauces or sodium), canned (with no added salt), and dried.



www.senecafoods.com

Veggie Mix Salad

INGREDIENTS

1/4 cup Filipo Berio® Olive Oil
1/2 cup Big Y® white vinegar
1/2 tsp Big Y® salt
3/4 cup Big Y® sugar
1 15-ounce can Libby's® No Salt Added green peas, drained
1 15.25-ounce can Libby's® No Salt Added corn, drained
1 14.5-ounce can Libby's® No Salt Added green beans, drained
1 2-ounce jar chopped pimento, drained
1 small green bell pepper, chopped
1 small red onion, chopped
1 cup chopped celery

Special equipment- Can Opener, Knife, Cutting Board, Saucepan, Large Bowl

DIRECTIONS

1. Combine oil, vinegar, salt and sugar in a small saucepan.
2. Bring to a boil and then cool.
3. Combine vegetables in a serving bowl, add dressing, and mix well.
4. Chill overnight.

Nutrition Facts per serving

160 Calories, 5.5 g Fat, 0.5 g Saturated Fat, 0 mg Cholesterol,
130 mg Sodium, 25 g Carbohydrate, 3 g Fiber, 3 g Protein

SERVES 11
SERVING SIZE: 1/2 cup

Eating Smart RECIPE

Tip

To cut calories in this recipe substitute sugar with Splenda® Brand Sweetener.



...CANNED VEGETABLES MAKE IT
EASIER THAN EVER TO ADD A SERVING,
OR TWO, OF VEGGIES TO YOUR MEAL...

4. Remember your folic acid.

Four hundred micrograms (400 mcg) of folic acid every day can help prevent birth defects of the brain and spinal cord when taken before and during pregnancy. It may also help promote a healthy heart by keeping homocysteine levels in check. Driscoll's® strawberries make meeting your daily folic acid needs naturally sweet. Eight medium sized strawberries contain 20% of the Daily Value for folic acid. Strawberries are also a good source of fiber, an excellent source of vitamin C, and only have 45 calories per serving.



www.driscolls.com

- **Other Sources of Folic Acid:** Dark green leafy vegetables, broccoli, Brussels sprouts, legumes, oranges, orange juice and fortified cereals like Kashi™ Heart to Heart™.

5. Add more unsaturated fats to your diet.

The fats you choose to include in your diet can affect your health. Monounsaturated fats promote a healthy heart by raising “good” HDL cholesterol levels. Omega-3 fats may help protect against heart disease, stroke, and cancer — the three most common diseases that affect women. If you are looking for a delicious buttery spread that's trans fat free, low in saturated fat, high in monounsaturated fat and contains 500 mg of omega-3s, check out Olivio® Premium Spread. It's made from golden, light olive oil that's blended with canola oil. Compared to traditional butter, each serving of Olivio® Premium Spread has 85% less saturated fat and



www.olivioproducts.com

does not contain cholesterol. If you want the buttery flavor without the fat and calories, Olivio® Buttery Spray is another tasty option (a serving of 5 sprays is calorie, trans fat and cholesterol free).

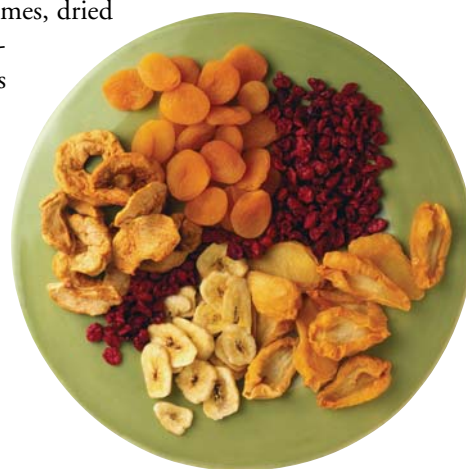
- **Other Sources of Unsaturated Fats:** Plant oils, nuts, seeds, and fatty fish (salmon, tuna, and mackerel).

6. Pump up the iron rich foods.

Iron carries oxygen to cells, strengthens the immune system, and may improve mental abilities. Unfortunately, iron-deficiency anemia remains the most common nutritional deficiency for women in the United States (affecting one in five women and half of all pregnant women). Since Vitamin C helps boost iron absorption, eat fruits and vegetables with the high iron foods listed below.

- **Best Sources of Iron:**

Red meat, seafood (*see Chicken of The Sea® on page 3*), poultry, shell fish, eggs, legumes, dried fruit, and iron-fortified breads and cereals.



For more information on women's health and nutrition, visit the American Dietetic Association on-line at www.eatright.org or the National Women's Health Information Center at www.4woman.gov.



Ask Carrie

(continued from page 1)

however, provides the last word on any subject, and single news reports may overemphasize what appears to be contradictory or conflicting results. In brief news stories, reporters cannot always put new research findings in context. Therefore, it is rarely, if ever, advisable to change diet or activity levels based on a single study or news report, especially if the data are reported as ‘preliminary’.”

The best practice is to follow general nutrition recommendations from reputable organizations like the USDA and the American Dietetic-, American Cancer-, American Heart-, and American Diabetes- Associations. If you compare the nutrition and health guidelines from each of these agencies, you'll notice they overlap. In general, they all recommend eating a balanced, low-fat diet that is rich in plant foods (high fiber whole grains, fruits, and vegetables), varied in lean protein sources (beans and legumes, low-fat dairy and meats), and fats (plant oils, nuts, and fish).

If you ever have a specific question about conflicting research findings, you can always ask me, Carrie, your personal nutrition expert!

- Send an e-mail to askcarrie@bigy.com

- Write to:
Ask Carrie
2145 Roosevelt Avenue
PO Box 7840
Springfield, MA 01102

- Visit BigY.com's Living Well Eating Smart section and post a question.

Healthy Pets



News for Your Pooch

At Big Y, we know how much dog owners love their pets. That's why we carry a variety of dog-care products certain to help "man's best friend" live a happy, healthy life. Whether your pooch struggles with the battle of the bulge or has "doggy" breath, take a walk down our pet aisle and check out all we have to offer.

Lighten the Load

Obesity is not just a health concern for men and women — it's also the most common nutritional disease among adult dogs. Sadly, obese dogs have shorter life spans, are less able to play and exercise, have more arthritic problems, and are at greater risk for obesity-related conditions (including diabetes, liver disease and respiratory disorders). To help your dog stay fit and trim, take daily walks, eliminate table scraps, limit treats and ask your veterinarian about Purina ONE® Healthy Weight Formula dog food. It contains the right balance of fat and calories in addition to highly digestible proteins, like yogurt, to help your dog maintain lean muscle mass while losing weight.



www.purinaone.com

Freshen-up Doggy Breath

Does your dog have "doggy" breath? If so, it could be a sign of gum disease. According to the American Veterinary Dental Society, more than 80% of dogs show signs of gum disease by age three. To help your dog's mouth stay healthy, get his or her teeth checked annually and ask your vet about how to brush your pet's teeth. There are many specially formulated foods to help reduce your dog's plaque, like Meaty Bone® Denta-Delicious™ Dog Snacks. Dogs love the rich, meaty flavor of these snacks, while their owners love how they deep clean teeth, freshen breath, and are proven to reduce tartar by 70%*.



www.meatybone.com

Offer Something to Chew On

Although dogs may be loved for their loyalty, there are times when dog owners need a break from their four-legged family members. When those times arise, don't feel guilty about it. Occupy your pooch with a Meaty Bone® Chew-lotta® Dog Snack. Your dog will love having a rich, meaty bone to chew on. Chew-lotta® Dog Snacks contain calories, so be sure to adjust your dog's next meal accordingly.



www.meatybone.com

Keep Your Cat from "Thinking Outside the Box"

Cats are picky. They're picky about where they sleep, when they'll play, and who can pet them. So when it comes to the litter box, it should be no surprise that cats have preferences. If you use the wrong litter, or wait too long before cleaning, chances are your cat may start to "think outside the box." For a healthy home, that keeps your cat happy as well, here are some litter box tips:



www.freshstep.com

1. Put the litter box in a location that gives your cat privacy, but is also convenient for cleanings.
2. Consider your litter choices.
 - Regular clay litter is usually the least expensive since it is not easily scoopable and must be changed more frequently to prevent odors.
 - Scoopable litter may be more expensive, but makes waste products easier to scoop since urine forms into a solid clump. Fresh Step® Scoopable is made from the highest quality clumping clay and contains anti-microbial agents that prevent the growth of odor-causing bacteria in the litter. Fresh Step® also offers Scoopable Cedar that contains red cedar chips for natural cedar freshness.
 - Paper litter is made from recycled paper that undergoes a special process. Although claimed to be flushable, it is best **not** to flush any type of litter.
3. Have at least one litter box per cat and clean by scooping and changing the litter as recommended.
4. Avoid overfilling your litter box. Most cats prefer a litter depth of two inches.

Source: Preventing Litter Box Problems. The Humane Society of the United States. Available at: www.hsus.org. Accessed February 13, 2006.

Living Well Fact:

According to the American Veterinary Medical Association, one out of every four dogs and cats in the western world are obese. To help your cat achieve a healthy weight, talk to your veterinarian about Purina ONE® Healthy Weight formula for cats.



www.purinaone.com

Caring For Your Pet!



s, like people, love to have special treats once in a while. Here's a delicious recipe your dog will love. Kids, be sure to ask Mom or Dad for help!

GREAT RECIPE for your PUP!

Great Gravy Cookies

INGREDIENTS

2 1/2 cups whole wheat flour
2 small jars beef-flavored baby food
6 tablespoons Big Y® beef gravy
1/2 cup non-fat dry milk
1/2 teaspoon BigY® garlic powder

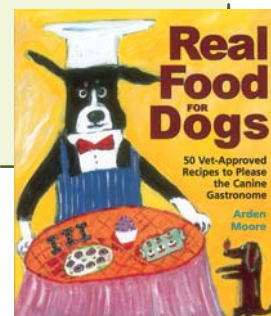
1 egg
1/2 cup water
1/2 teaspoon BigY® salt
1 tablespoon Big Y® brown sugar

Special equipment- Rolling Pin, Cookie Cutters, Cookie Sheet.

DIRECTIONS

1. Preheat oven to 350°F.
2. Combine all ingredients in a large mixing bowl.
3. Lightly pat your hands with flour and shape the mix into a big ball.
4. Flatten the ball using a floured rolling pin.
5. Use a cookie cutter to cut the dough into shapes.
6. Place the cookies on a greased cookie sheet.
7. Bake for 25 minutes, or until lightly browned.
8. Allow the cookies to cool before serving.

Excerpted from Real Food for Dogs by Arden Moore.
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Find out what pets need to be healthy by filling in the blanks below.

Use the letter to number codes at the bottom of the page to help.

1. Pets need regular check-ups with the 18 15 4 15 10 17 8 1 10 17 1 8
2. All pets need a constant supply of 24 10 15 22 6 23 1 4 15 10
3. All pets need a 8 12 4 10 17 4 17 16 8 1 25 25 14 9 1 25 1 8 11 15 3 diet.
4. Getting daily 15 7 15 10 11 17 22 15 helps keep your pet healthy.
5. Getting 18 1 11 11 17 8 1 4 15 3 helps protect your pet from getting sick.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
1	9	11	3	15	24	5	6	17	20	13	25	19	8	16	2	21	10	22	4	12	18	23	7	14	26

Answers: 1. veterinarian; 2. fresh water; 3. nutritionally balanced; 4. exercise; 5. vaccinated